

ACCESS THE
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**HIGHER
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and Spiritual
Transformation*



ELIZABETH CLARE PROPHET

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ACCESS THE POWER OF YOUR HIGHER SELF

by Elizabeth Clare Prophet

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For information:

The Summit Lighthouse, 63 Summit Way,

Gardiner, MT 59030 USA

1-800-245-5445 / 406-848-9500

TSLinfo@TSL.org

SummitLighthouse.org

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A PRESENCE TO WATCH OVER ME

One night just before I was born, my mother had a vision. She woke up to a brilliant light at the foot of her bed. It was a tall, pulsating column of white fire. “That’s the Presence of God,” she said to herself. It filled her with a feeling of calm and comfort. She knew that it would see her safely through the birth and watch over her child.

That Presence of God, sometimes called the Higher Self, did keep watch over me, through major and minor childhood mishaps and serious adult challenges. And it has also been my unfailing source of love, guidance, inspiration and limitless spiritual energy.

I never know when my Higher Self is going to step in and make a difference in my life. For example, one fine spring day when I was at Boston University, I was hurrying out the door of my dorm when I heard an inner voice say, “Put on your heavy winter coat.”

I knew which coat. It was thick and lined with fake alpaca fur. I thought to myself, “OK, this is the craziest thing I’ve ever heard of, but I’ll put it on.”

But my Higher Self wasn’t satisfied. “Put on your heavy gloves,” said the voice. “This is not for real,” I said to myself. “I’ll put on the coat, but I am not going to put on these heavy gloves. It’s just too hot!”

So I put on the coat and ran down the street, nearly late for my class. I crossed a street between some cars that were stopped at a light—and *bam!* A bicycle came speeding alongside one of the cars and ran right into me. It knocked me to the ground and I caught myself on my unprotected hands. I landed in a jumble, with my body insulated by the coat but my hands scraped up.

My Higher Self had saved me from serious injury, but it couldn’t save me from my own stubbornness. The lesson I learned that day is that being in touch with my Higher Self is more valuable than anything else in my life.

The idea that each of us has a personalized Presence of God with us, is not new. Throughout history people have seen the Presence of God. They describe it as light, power and glory. It is the star that the wise men saw as they searched for the child Jesus. It is the pillar of fire that guided the children of Israel through the desert and the glory of God that appeared to Moses, the prophets and the Jewish mystics.

It is the Body of Truth that Buddhists call the “ultimate dimension.” The *Tibetan Book of the Dead* tells us that this Body of Truth appears to people after death as a “vast mass of light.”¹

It is also an important part of Western spirituality. My mother had learned about it from the writings of Guy W. Ballard, whose “*I AM*” *Discourses* she kept on her nightstand. He writes of the I AM Presence as the source of all power, knowledge and love. My mother had also read the works of Helena Blavatsky, who founded the Theosophical

Society in the nineteenth century. Blavatsky describes a “Spiritual-Divine Monad” as the source of life substance.²

Ralph Waldo Emerson writes of the “Over-Soul” as the principle that gives life to our bodies. He calls it a light that “shines through us upon things,” the source of genius, virtue, love, “all wisdom and all good.”³

When you feel at one with this Presence, you feel at one with all of life. The American mystic Howard Thurman wrote that at times he felt at one with a “presence” when he was fishing in a rowboat on the river near his home in Florida. “There were times when it seemed as if the earth and the river and the sky and I were one beat of the same pulse.... There would come a moment when beyond the single pulse beat there was a sense of Presence which seemed always to speak to me.... [Yet] there was no voice. There was no image. There was no vision. There was God.”⁴

In the following pages, you will read

about specific techniques to bring you into a state of oneness with that Presence, your I AM Presence. This is a state of knowing, of belonging, of remembering. You can use these techniques no matter what your religious background or practice. When you are in tune with the Presence, you will draw to yourself everything you need—from food and clothing to new friends and brilliant ideas. Even better, you will learn to enter that state of oneness at will and experience the joy, peace and empowerment that are your birth-right as a son or daughter of God.

Elizabeth Clare Prophet

NOTE: All the stories in this booklet are real. Some names, however, have been changed at the person's request.



WHAT IS THE HIGHER SELF?

*In the sheath of gold is Brahman
[the absolute God], pure, undivided;
he is brilliant, the light of lights....*

*In him the sun does not shine, nor the moon,
nor the stars, nor does the lightning flash.*

*He shines, and all things draw their
light from him. In his light everything
becomes luminous.*

—Mundaka Upanishad 2.2.9–10

*T*hink of a sun, a spiritual sun. It appears to be white-hot but it feels cool to you. For you are a part of that sun. You are concentrated light, energy and consciousness, bursting with potential.

This sun is the spiritual source of all life. It doesn't have spatial coordinates. It's not separated from you by distance. It simply exists as pure Spirit.

This sun is light. It is God. It is your Father and your Mother. It is called the Central Sun.

Once you enjoyed being a part of this sun. You reveled in the feeling of oneness with all creation. But you also wanted to experiment with your potential, your own ability to create, to ensoul matter with Spirit. You entered other dimensions, sometimes creating perfectly and other times imperfectly. You may have designed cities, created sculptures or gardens, or simply existed in a state of bliss with God's creatures.

Then, traveling through the world of form, you first contacted imperfection. As you interacted with others and then engaged in negativity yourself, the imperfection multiplied and boomeranged back to you. A shadow came between you and the Sun. You became enmeshed in imperfect creation. You forgot what it was like to be part of the Sun. You could not find your way back to your original state.

Lost in shadows, your fiery nature cooled. Now you could not return home since you could no longer withstand the awesome heat of the Sun in which your spirit had been forged. Your soul fell asleep, forgetting its origins and its potential to create as God creates.

But your Father and Mother had foreseen this. They did not leave you alone. They gave you a replica of that sun, an I AM Presence, so that you would always remember where you came from—and always have a way to return. And they gave you a mediator who would bridge the gap between you and your I AM Presence and awaken your soul to her lost identity. This mediator between God and man is called your Christ Self. Together the I AM Presence and Christ Self make up what is commonly referred to as the Higher Self.

What is the I AM Presence? Though it is sometimes referred to as a replica of God, it is more than that. Today we can produce replicas of things by the millions, but they



don't always match the original. A toy jet looks like the original but doesn't fly. A picture of a baby printed in *Life* magazine can't gurgle and coo. But your I AM Presence is more than just an image or a copy; it possesses all of the qualities of the original. It is your individual God-identity, your God Self. And God is God is God—every particle of God contains all of the whole.

In this book you'll learn about your I AM Presence, your direct contact with the Central Sun, and about how you can return through your Christ Self to the state of oneness with God that is so close yet seems so far away. You'll learn that you are meant to become your Higher Self. In fact, your Higher Self is your Real Self; the self that you identify with today is just a tiny fraction of the mighty being that you are.

When you contact that state of oneness, you'll find that you can once again use your God-given power to create. And you will enjoy the bliss that you knew with God in the

beginning. You will be able to put on once again the image and likeness of God in which you were originally made.

CONNECTION WITH YOUR HIGHER SELF— THE BEST THING THAT EVER HAPPENED TO YOU

*J*oey is a nurse in a maximum security jail. She has been a jail nurse for twenty years. Most of the other jail nurses she knows have gotten burned-out and changed jobs. But she keeps going, taking care of the people who, as she puts it, “no one else seems to care for.”

What sustains her? She believes it's her relationship with her I AM Presence and Christ Self that allows her to carry on where others have given up. They inspire and direct her through each day. “It's the only thing that keeps me alive, that keeps me healthy and that keeps me doing that job. Or I would have quit a long time ago,” she says. In fact, her I AM Presence once inspired her to start a quiet revolution that saved her job and those of the three hundred other health-care workers

in the county jail system.

Joey believes that her Presence also provides the spiritual protection she needs to do her job. Her work environment is adversarial, to say the least. Nurses have been kidnapped. Gang members have put out contracts on staff who offend them. And many of the inmates are suing the county for better treatment. The nurses don bullet-proof vests before they even enter a certain area of the jail. When Joey does her rounds, she is accompanied by two security officers.

Every day she asks her I AM Presence and Christ Self for light-energy and protection. She asks to be surrounded by a cylinder of light-energy. Joey believes that this energy sustains her and allows her to bring love to the inmates without getting rattled by the name-calling, abusive language and threats that bombard her. She describes the energy released by her Presence almost as a buoy, or a life preserver, that surrounds and insulates her during the most difficult tasks.

Joey is responsible for testing the inmates for communicable diseases, including HIV and tuberculosis. It's the light from her Presence, she believes, that allows her to continue this work, even in the most heart-breaking moments, such as counseling a rape victim or informing an inmate that he is HIV-positive.

Joey feels motherly toward many of the prisoners, whom she calls "my boys." The inmates feel the love she brings and try to return that love. They give her little crosses that they braid out of threads pulled from their socks. They tell other inmates not to threaten her. "Don't you even touch that nurse," they say.

The Quiet Revolution

It was tough enough simply to work in this environment, let alone to have to fight to keep her job. But one day Joey and her fellow staff were shocked to learn that their jobs were scheduled to be cut. According to a plan

under consideration by the county board of supervisors and Department of Corrections, in six weeks the jail health-care staff were to be let go and replaced by lower-skilled, lower-paid health-care contractors. It looked like a *fait accompli*.

Joey knew that she would lose her job and that the new workers would not be able to give the patients the level of care they needed. She could foresee a nightmare of rising violence, even riots, and an increase in communicable diseases. She and the other nurses were depressed. How could they fight the county?

She called to her Presence: “Tell me what to do. I’m open here.” Her Presence told her to call her former boss, a public-health nurse. To her surprise, this nurse just happened to have access to research on similar plans that had been implemented in other jails. “I realized that I had an analysis of costs, accounting, dates—the most accurate information anywhere in the country about the whole

issue,” Joey said. The information showed that the privatization of jail health care did not save money but in fact cost more.

Joey xeroxed the information, summarized it in a letter of protest and took it to work. She called it the “quiet revolution.” Soon she had hundreds of signatures. Even the toughest inmates began their own letter-writing campaign against the plan.

At every step her Presence told her what to do. “I just basically asked in prayer every day, ‘What do I do?’ And I heard it very directly. I was guided at every step.”

On the day of the hearing before the board of supervisors, a hundred of the health-care staff showed up, with Joey as their main spokesperson. She had only one minute to make the difference.

“I didn’t have a clue what I was going to say when I got up there,” she remembers. But then her I AM Presence and Christ Self took over. “I just said the words I heard in my head and they were perfect.”

The board reexamined the issue and voted to study other solutions. The other health-care staff were amazed and elated. “You did it, you saved us!” said the oral surgeon. Three years later the health-care services have yet to be contracted out.

Joey continues her work with the prisoners—and her daily prayers to her I AM Presence, the power that keeps her going and guides her life.

Fringe Benefits

Joey experienced just a few of the benefits of constant communion with her Higher Self. She got guidance and direction, love and support in a difficult situation. She also was able to tap into a latent talent, public speaking.

Everyone has latent talents. They’re stored as your “treasure in heaven.” On the Chart of Your Real Self (page 6), they’re represented by the colored rings surrounding the upper figure. These rings, which are actually spheres within spheres, represent

the Causal Body, which is the storehouse of the energy that you have qualified in a positive manner in this life and even in past lives.

Think of it! All the energy you've used positively, all the energy you've put into loving, caring, growing and learning is at your disposal.

This Causal Body is a dwelling place that you have created for your I AM Presence. You can ask your Presence to release your accumulated talents to you so that you can use them to do even more good.

As you experience oneness with your Presence, you'll begin to receive guidance and direction as well as increased ability to use these talents. You'll know even greater blessings as you progress toward permanent oneness with the Presence.

At Jesus' ascension, he became one with the I AM Presence. In order to become one with the I AM Presence, you must first learn to identify with the Christ Self, who is the Universal Christ individualized for each of us.

The Christ Self awakens you to your identity as a son or daughter of God and helps you along the way to reunion with the I AM Presence.

Although the Bible describes the ascension as Jesus going up into the clouds, the ascension is actually a spiritual process that is an acceleration in consciousness. We are also meant to become one with the I AM Presence as we progress through our own spiritual transfiguration, resurrection and ascension.

WHAT IS THE CHRIST?

Jesus said to them, "I came to show human possibilities. What has been created by me, all men can create. And that which I am, all men will be."

—Ancient Tibetan Manuscript
quoted by Russian anthropologist
Nicholas Roerich in his 1926 work *Himalaya*

*Y*ou have a Christ Self. I have a Christ Self. But we're not used to identifying anyone but Jesus as the Christ. What many people don't know is that *Christ* comes from the Greek word *Christos*, which means "anointed." Jesus was called Christ because he became one with his Christ Self and so was anointed with the light of God, the I AM Presence. Each one of us can also become one with our Christ Self.

Many of us think that only Jesus can be the Christ because Christianity tells us that Jesus is God's only Son. This idea originated

with a misunderstanding of the Gospel of John, specifically the first chapter of John, which describes the Word of God.

John 1:14 tells us: “And the Word was made flesh and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth.”

In one view, this sentence is telling us that Jesus is the Word, God’s only Son. But those of John’s readers who understood the Greek concept of the Word, the Logos, would have gotten a different meaning. Both Greek philosophers and Jewish mystics used the word *Logos* to refer to the part of God that acts in the world and mediates between Creator and creation. The Word is, in a sense, God’s Son because it acts as the instrument of the Creator.

When people read that the Word was made flesh and lived among us, they naturally conclude that Jesus is the Word. But what they don’t realize is that when John said the Word had taken flesh, he didn’t mean that Jesus was God’s only Son. He meant that the

Word, God's only Son, had manifested in the flesh of Jesus.

The author of John was certainly familiar with the Jewish mystical idea that great

Now are we the sons of God, and it doth not yet appear what we shall be. But we know that when he shall appear, we shall be like him; for we shall see him as he is.

1 John 3:2

human beings could act as personifications of the Logos, or the Son. So when John writes that Jesus is the Logos, he doesn't mean to exclude us from also becoming one with the Logos. He

is simply telling us that Jesus, the man, became one with the Logos, the only Son.

Jesus was the incarnation of the Word, but that doesn't mean he was the only incarnation. The only Son is the Universal Christ, which is individualized for each of us as the Christ Self. Everyone who becomes one with the Christ Self can be called the Christ. And the Christ is always the one who is anointed

with the light of the I AM Presence. As John wrote, “that was the true light that lighteth every man that cometh into the world.”⁵

Some early Christians believed that everyone is destined to become one with the Logos. Clement of Alexandria, a second-century Church Father, tells us that each man has the “image of the Word [Logos]” within him.⁶

Paul reminded us that it is the destiny of every Christian to become the Son. In Romans he writes that God intended Christians to become “true images of his Son [the Word], so that his Son [Jesus] might be the eldest of many brothers.”⁷ In other words, we are meant to become the Word, Logos, or Christ Self, as Jesus did. In the next sections we will learn how to do this.

Jesus said, “He who will drink from my mouth will become like me. I myself shall become he, and the things that are hidden will be revealed to him.”

—Gospel of Thomas, saying 108

Juan's Story

Juan grew up in a Catholic family. He was devoted to Jesus and the Blessed Mother, and as a child he gave the Lord's Prayer and Hail Mary every night before going to sleep. At age eight, when he took his first Holy Communion, he thought of Jesus as his best friend. But soon he began to resent Jesus, even to feel jealous of him.

How is it, he wondered, that God would create only one Son? And why did he choose Jesus and not someone else? "Every night when the time came to pray, a great burden appeared in my heart because of these feelings," Juan said.

He prayed for answers, and a few days later he awoke with a sense of peace. "I had the conviction that Jesus had talked directly to my heart," he said. Jesus had told him: "I am your elder brother. I will teach you to walk in my footsteps. You are a son of God."

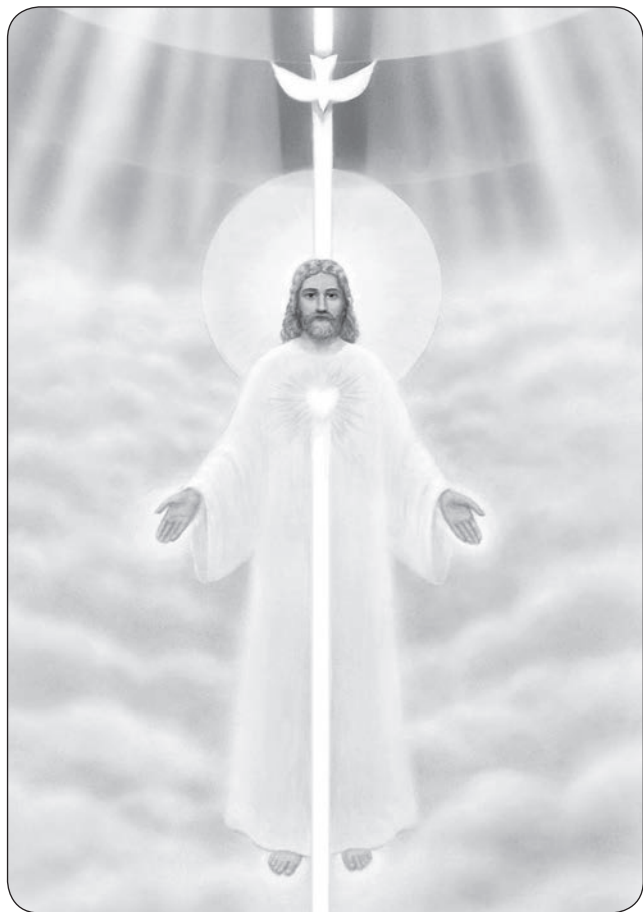
This conviction stayed with Juan from the age of eleven until he grew up and found out that The Summit Lighthouse was giving the same teaching. His communion with Jesus had revealed a universal truth: We are all meant to take the hand of our Christ Self and walk in the footsteps of Jesus Christ, our elder brother.

MEET YOUR HOLY CHRIST SELF— YOUR DEAREST FRIEND, GUARDIAN AND TEACHER

Jesus explained the mystery of the Christ Self at the Last Supper. He took a single loaf—symbolizing the one Word, the one Christ—and broke it and said, “This is my body, which is broken for you.”⁸

He meant, “This is the body of the Universal Christ that is individualized for each one as the Christ Self.” Though there is but one absolute God and one Universal Christ, the body of that Universal Christ can be broken and each piece will retain all the qualities of the whole.

Jesus told the disciples to eat the bread. In other words, they were meant to assimilate and become one with the Universal Christ. Mark Prophet, the founder of The Summit Lighthouse, summed it up nicely in a lecture he gave in 1970. He said:



I see God as a great loaf; and I see Christ, the Universal Christ, breaking the loaf. And the crumbs I see as the individual monads, you and me. We are all crumbs that have fallen from the Lord's table.

We're each a drop of water from the infinite ocean. We all have the qualities of the whole ocean, of in-finite reality, in ourselves but we lack the quantity. And only through reunion with the ocean, when the shining dewdrop slips into the sea, only when we merge with God and with our Real Self can we be all that we're supposed to be. It is our sense of separation from God that keeps us from the reality of ourselves.

The first step you can take in the process of reuniting with your I AM Presence is to develop your relationship with your Christ Self—your inner teacher, guardian and dearest friend. He is also the voice of conscience that speaks within your heart, showing you what is right and wrong.

Emerson writes of an “unseen pilot” that is similar to the Christ Self. We cannot see this pilot, he says, because it is like someone walking directly behind us. He compares this pilot to a child who playfully steers another from behind by the ears so that the other cannot turn his head to look at him.⁹

The Christ Self is the unseen hand that helps you to see where you may be blinded

*When you start
developing the Christ
image in yourself
and letting it spread
out and shine through
you, then you will
begin to live.*

—Mark L. Prophet

by your habit patterns, many of which are shaped by your past actions. And he helps you decide the way that is best for your soul.

Your Christ Self overshadows you wherever you are and wherever you go. He allows you to be “Christ conscious” at all times or, to put it another way, to have the “Christ consciousness.” When you have the Christ consciousness,

you are never in doubt or afraid. You have supreme confidence in your ability to accomplish what you have set your mind to. You receive inspiration and guidance.

Once you walk under the direction of your Christ Self, you can then begin to become one with him, which will also bring you closer to oneness with your I AM Presence.

Emerson wrote that if someone obeys the unseen pilot, it will “adopt” him. The person will then become one with the pilot. When a person is united with the unseen pilot, he will receive “richer and greater wisdom” and lead a “heavenly life.”¹⁰

As you become closer to your Christ Self, the “unseen pilot,” you’ll realize that your Christ Self is the real you. You’ll find yourself spending more time as the real you, a part of God, and less time being cut off from God. Eventually you, like Jesus, will experience your ascension as you become one with your I AM Presence.

The ascension is completed when you are

fused with your I AM Presence. Though the path to the ascension is a journey of many lifetimes, if you focus your attention on it, you can reach it at the end of your present life. To prepare for the ascension, you need to practice becoming one with that Presence.

HOW TO REUNITE WITH YOUR HIGHER SELF

*A*s above, so below”—these four words are the condensation of a longer maxim written in the first or second century by a Greek teacher who used the name Hermes Trismegistus. The complete maxim reads: “Whatever is below is like that which is above, and whatever is above is like that which is below, to accomplish the miracles of one thing.”¹¹ This maxim holds the key to our connection with the Higher Self.

What the principle means is that whatever is above, in the world of Spirit, can also be below, in the material world. Your I AM Presence, the source of power and spiritual energy, is in the spiritual world. If you want to think about it spatially, you can imagine the I AM Presence as floating somewhere between seven and seventy feet above your head, depending on your state of consciousness.

By affirming that you here below are the fullness of that I AM Presence which is above, you can make the maxim true in your life.

*The Threefold Flame and Crystal Cord:
Your Connection to God*

You can become all of God here below because you have a portion of the divine sealed inside your heart. It's a divine spark, a spiritual fragment of God that allows you to magnetize to yourself more of the same. This spark, also known as the threefold flame and Holy Christ Flame, is your authority to invoke the I AM Presence and to create as God creates.

Symeon the New Theologian, an eleventh-century Byzantine saint, spoke of a flame in the heart: "What word can describe this!... I see a light which the world does not possess. Sitting in the cell I see within me the Creator of the world."¹²

The Chandogya Upanishad, a sacred Hindu text, tells us that "The light that shines

beyond all things on earth, beyond us all, ... this is the light that shines in our hearts.”¹³

This spark is nourished by the light of God that comes to you as a focused stream of energy called the crystal cord (see Chart) Ecclesiastes refers to it as the “silver cord.”¹⁴ This cascading stream of God’s light empowers you to think, feel, experience life and grow spiritually. By increasing the flow of light and therefore the size of that cord, you can increase your spiritual power here on earth and bring your I AM Presence closer to you.

May God fire the heart with his presence.

—Ralph Waldo Emerson¹⁵

How to Increase the Flow of Light

There are two primary methods you can use to increase the flow of light coming to you from your Presence. The first is through meditation on and contemplation of your God Presence and the flame in your heart. When you focus on this flame in meditation or

prayer, you draw the light from your I AM Presence into your heart. You are thus expanding the portion of heaven that is shining forth from your heart. You are reaffirming “as above, so below,” and you will receive a greater portion of God.

Another way to increase the flow of light from your I AM Presence is through decrees, a form of prayer developed in early twentieth-century America.* Decreeing is the most important step you can take to earn your ascension in this life. It releases a tremendous amount of spiritual power and energy to you. When you use this energy for good works, you’re moving closer to union with God.

Decrees make use of the name of God “I AM THAT I AM.” When God spoke to

*The principle of using “I AM THAT I AM” in prayer was developed by Emma Curtis Hopkins. She was first a student of Mary Baker Eddy, founder of Christian Science. Later Hopkins founded the New Thought movement. In 1887, she began using the term “decree” to define positive affirmations preceded by “I AM,” such as “I AM whole.” In 1931, Guy and Edna Ballard founded the “I AM” Religious Activity, which also used decrees. Since 1958, Mark and Elizabeth Prophet have received many new decrees from the Ascended Masters.

Moses out of the burning bush, he revealed that his name is I AM THAT I AM. This is why we call the Presence the *I AM* Presence.

When you say, “I AM THAT I AM,” you are affirming that God is where you are. In effect, you are saying: “As God is in heaven, so God is on earth within me. Right where I stand, God is. I am that ‘I AM.’” Each time you use this name, you are making “as above, so below” come true.

Decrees often simply use “I AM” rather than the full “I AM THAT I AM.” You can say “I AM whole,” “I AM free,” “I AM loving.” When you give these affirmations while concentrating on your I AM Presence, you mean, “I am whole, just as my I AM Presence is whole” or “I am loving, just as my I AM Presence is loving,” and so on.

Here is a simple decree that you can memorize and repeat: “I AM an immortal, God-free being!” Each time you say “I AM” followed by a word or phrase such as “an immortal God-free being,” you’re bringing

yourself closer to your I AM Presence.

In the next section you'll learn about a group of decrees that can take you through the steps which lead to permanent union with the I AM Presence—the ascension.

The Road to God on a Paper Bag

Mark Prophet wrote many decrees. These decrees were revelations from Ascended Masters—saints and sages of East and West who have become immortal through reunion with the I AM Presence.*

The following decrees, the “Heart, Head and Hand Decrees,” were given to Mark by the Ascended Master El Morya. Mark received them one day while driving his son on his paper route in Washington, D.C. Mark found a crumpled paper bag and a stubby pencil and wrote down all eight of these

*Ascended Masters are enlightened spiritual beings who once lived on earth, fulfilled their reason for being and have ascended, or reunited with God. An Ascended Master is no longer confined to a physical body. He or she moves in a spiritual body, one with God, all-powerful and all-knowing, guiding and teaching us from realms of light.

decrees during the course of that paper route—one hand on the pencil and the other on the wheel. He didn't have to look up rhymes or edit or revise the verses because they just flowed from his I AM Presence and from El Morya.

These decrees describe the stages that each of us goes through in order to become one with God. When you give them daily, they will support your spiritual journey and reaffirm your goal. And you will begin to experience in your own way the stages that Jesus went through on his way home. Each time you say them, you are moving incrementally toward your final union with the I AM Presence and Christ Self.

When I first used these decrees in the early 1960s, they changed my life. I thought they were the most fantastic thing that had ever happened to me. I realized that through decrees, which make it possible to command God's light-energy, I could become a co-creator with God. My life seemed to be

renewed with zest and zeal.

You can share in this renewal of life as you experiment with these decrees and follow them to your own ascension in the light of God.

The rest of this book is a step-by-step journey through the “Heart, Head and Hand Decrees.” Read each decree along with the explanation of the concepts. At the end of the book you’ll find the decrees repeated, so you can easily use them in your daily meditations.

PREPARE FOR ONENESS WITH
YOUR HIGHER SELF
BY TRANSFORMING BODY, MIND
AND SOUL WITH THE
VIOLET FLAME

Violet Fire

HEART

Violet Fire, thou Love divine,
Blaze within this heart of mine!
Thou art Mercy forever true,
Keep me always in tune with you.

HEAD

I AM Light, thou Christ in me,
Set my mind forever free;
Violet Fire, forever shine
Deep within this mind of mine.
God who gives my daily bread,
With Violet Fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of Light.

HAND

I AM the hand of God in action,
Gaining Victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way.

Giving the first sections of the “Heart, Head and Hand Decrees” is like taking a bath or a shower—a shower of violet light. There are many frequencies of energy that descend from your Presence, appearing to the spiritual sight both as beams of light and scintillating flames. But only the violet flame has the unique ability to transmute negative energy. It transforms hatred into love, fear into courage, anger into compassion. The violet flame is also known as the flame of the Holy Spirit. (In the Chart on the cover, the dove of the Holy Spirit descends from the Father-Mother God, the I AM Presence, as a messenger of hope, comfort and joy.)

To contact your I AM Presence and Christ Self, you first have to get cleaned up with the violet flame. Why do we need to do this? You

have only to think about everything that you have done since you were born and everything that has happened to you.

Emotional and mental debris has accumulated in and around you—from the first childhood tantrum to the last lovers' quarrel, from belittling comments by parents or siblings to violent experiences that embed in the psyche. And your physical body is clogged with the residue of everything that you have eaten, drunk, smoked and inhaled—from pesticides and chemicals in your food to drugs and smog. Getting rid of this collected negative energy is the first step toward communion with your Presence.

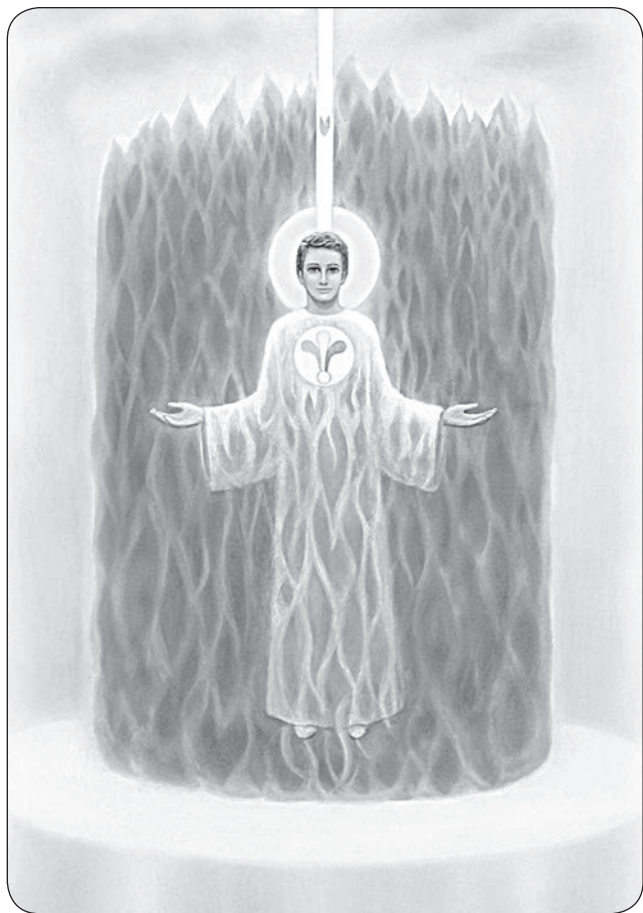
The “Violet Fire” decree is divided into three sections—“Heart,” “Head” and “Hand.” As you decree, see the violet light surrounding these parts of your body. For the heart, watch the violet flame dissolve the memory of hatred, anger and anxiety. You can visualize, or see with your mind's eye, the violet flame surrounding your heart and pulsating

with each beat.

As you give the “Head” section, see your mind being purified of all negative and limiting self-concepts as well as ignorance and mental blocks. You can even see the cells of your brain being cleansed of pollution, drugs, chemicals and nicotine. For one of the actions of the violet flame is to cleanse and heal the physical body.

Your hand is the instrument with which you act in the world. When you direct the violet flame into your hands, see it surrounding not only your hands but also your whole body. See it dissolving the memories of everything you wish you hadn’t done.

As you give this “Violet Fire” decree daily, you’ll find yourself moving with greater freedom, liberated from the burdens that have been weighing you down. You’ll think more clearly and act more decisively. And you’ll be able to connect more easily with your Higher Self whenever you are in need of guidance or direction.



Chris's Story

Chris, a graphic artist, likes to give five minutes of violet flame every day. He says it improves the quality of his life. When he gives his violet-flame decrees, he feels like he has the energy to accomplish what he needs to do. If he forgets, he usually feels more like taking a nap.

Without the violet flame, he usually makes it through the day with just enough energy to do his work. But when he remembers to invoke it, suddenly he feels like striving toward his goals—reading, studying or going out and making new friends.

He says, “Invoking the violet flame is just one of those things you do every day, like brushing your teeth and taking your vitamins.”

HOW TO PROTECT AND SUSTAIN YOUR CONNECTION WITH YOUR HIGHER SELF

*I will be unto her a wall of fire round about,
and will be the glory in the midst.*

—Zechariah 2:5

TUBE OF LIGHT

Beloved I AM Presence bright,
Round me seal your Tube of Light
From Ascended Master flame
Called forth now in God's own name.
Let it keep my temple free
From all discord sent to me.

I AM calling forth Violet Fire
To blaze and transmute all desire,
Keeping on in Freedom's name
Till I AM one with the Violet Flame.

Whether you're a cabdriver, a home-
maker, an attorney or a salesperson, you can
see the need to remain calm in the midst of

crisis. All day long you may be bombarded by other people's fears, negative opinions and excessive demands. How do you stay centered and at peace?

The tube of light is an impenetrable wall of light that protects you from negative energy and physical dangers. It is an extension of your I AM Presence that descends in answer to your call. You can imagine the tube of light around you like a giant milk bottle about nine feet in diameter, a cylinder of energy filled with brilliant white light. It begins at your I AM Presence and extends down three feet below you.

This cylinder of steely white light keeps out negative energy and seals in the violet flame, thus helping you maintain your connection with your I AM Presence and Holy Christ Self. It protects you against energies of hatred, anger and jealousy and even from being influenced by other people's concepts about the way you should be, think or act.

If you start your day with the tube of

light, you can have that protection before any negative energy or danger comes your way. Though the tube of light cannot be broken by negative energy from without, it can dissipate if you withdraw your attention from your I AM Presence. Or it can be temporarily torn if you allow yourself to become irritated or upset.

Since most of us get distracted and don't maintain a constant connection with the Presence, it's best to give this decree every morning to reestablish that forcefield of light around you. You can also reinforce it by giving it at intervals throughout the day. Whenever you say the "Tube of Light" decree, it's preferable to give it three times.

You will notice that in the decree you ask the violet fire to "blaze and transmute all desire." Here *transmute* means to change into divine energy. We want to transmute those desires that separate us from God. Once we have a connection with God through the I AM Presence, whatever is best for our souls

will come to us automatically.

It's a good idea to have a picture of the Chart of Your Real Self in front of you as you give the decree because it helps you visualize the tube of light around you. However, you can also give the decree when you can't see the Chart—in your car or while doing your daily chores—as long as you keep the image of the tube of light fixed in your mind.

Kobina's Story

Every day Kobina stood before the altar in his home and called forth his tube of light. While looking at the Chart, he visualized the tube of light descending around him from his I AM Presence. He could feel the spiritual protection it gave him. But he also had firsthand experience of the very physical nature of its protection.

Kobina was a high-ranking minister in the government of Kwame Nkrumah, president of Ghana, in western Africa. In 1966, a group of army officers initiated a bloody coup.

Soldiers filled the neighborhood around the president's fortresslike residence and began firing into houses.

Kobina's first concern was for his family, who lived near Nkrumah. He went home, piled them into the car and drove them away from the house. The soldiers noticed them and began shooting at the car, but they got away unharmed. In fact, Kobina recalls, "no bullet touched the car or any of us." At least twenty people were killed and over forty were wounded in and around the president's house that day, but Kobina and his family escaped. Was this just a fluke?

Later Kobina had further proof of the protection of the tube of light. After he drove his family to safety, he went back home to get some of his belongings. The soldiers who had been arresting and shooting Nkrumah loyalists arrested him and talked about killing him. Somehow they didn't, but they sent him to a barracks where some other politicians had been taken. He was later exonerated by the

new government.

When he was allowed to go back home, escorted by soldiers, he discovered that the entire house had been looted, right down to the lightbulbs. But there was one thing the looters had not taken—the Chart. He remembers that the soldiers told him that the looters had tried to take it. But “each time they attempted, they had an electric shock, as of fire; so they left it.” This story traveled far and wide, leading many people in Ghana to a great respect for the I AM Presence.

Kobina’s experience gives new meaning to this verse from Psalms: “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.” It tells us that if we place our consciousness on the light of our I AM Presence, we will live under the shadow of our God. Then we can truly say with the Lord: “Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day.”¹⁶

STRETCH YOUR LIMITS
BY FORGIVING
YOURSELF AND OTHERS

FORGIVENESS

I AM Forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic Victory.

I AM calling in full power
For Forgiveness every hour;
To all life in every place
I flood forth forgiving Grace.

Forgiveness is the next step on the path to reunion with your I AM Presence. When you forgive, you reestablish your oneness with your Christ Self. You also free yourself from self-limiting concepts and bondage to others. Every wrong you have done to others and every grudge that you hold for the wrongs that have been done to you separates you from God.

When you fail to forgive, you are hurting yourself most of all. As M. Scott Peck writes: “The reason to forgive others is not for their sake.... The reason to forgive is for our own sake. For our own health. Because beyond that point needed for healing, if we hold on to our anger, we stop growing and our souls begin to shrivel.”¹⁷

As you forgive others, you are freeing yourself as well as them. A woman named Teresa experienced how decrees for forgiveness could bring remarkable changes in her life and in the lives of those she forgave. One day she began a daily routine of forgiveness decrees. Soon acquaintances began calling to apologize for what they had done twenty years before. Her sister called to tell her that she had finally been able to forgive an old wrong. And the benefit landed even closer to home—with Teresa’s ex-husband and children.

It had been seven years since Teresa’s divorce, but she still felt bitterness and resentment that she knew were hurting herself, her

ex-husband and their children. “I started working on completely forgiving more and more each day,” she said, “releasing the resentments and the pain.” The results were immediate. “The more decrees I gave, invoking the violet flame and forgiveness, the more joyful my life became.”

Her decrees seemed to affect her ex-husband too. He asked his children to forgive him for not being there when they were younger. He told them he had made statements about Teresa that were untrue and he apologized for the pain he had caused them. “This is truly a miracle of unprecedented proportions,” Teresa said.

So one woman’s forgiveness was able to heal an entire family and also bring her to a point of happiness. Truly, you are the greatest beneficiary of your own forgiveness. When you forgive, don’t forget to forgive yourself. Sometimes this is the hardest task of all.

How to Forgive

We all remember something we don't think we will ever be able to let go of—a cruel remark, a beating, even a disappointment, someone who wasn't there for us when we needed help. The forgiveness decree can help you to forgive and let go.

Before you give the forgiveness decree, say a simple prayer like: “I send forgiveness to all whom I have ever wronged and to all who have ever wronged me.” Then begin the decree. Think of the incident that you have always felt you could never get over. Allow yourself to feel the anger welling up inside of you.

Now see a deep-pink flame of love enveloping that anger. Then see it mixing with the violet flame that already surrounds you. Visualize the violet flame transmuting that anger. Then see the flame of forgiveness—deep pink, violet and purple—expanding in your heart and whirling. See it becoming

spheres of light that go forth from your heart. Watch these spheres sprout wings, or filaments of energy, and fly from your heart toward the hearts of those you need to forgive.

Each time you give the decree, repeat this visualization. See the spheres going farther and farther from you. Send them to everyone you can think of.

If it is yourself that you need to forgive, see the sphere of violet energy bursting like fireworks over the memory of everything you wish you hadn't done. See the violet energy erasing and dissolving all your thoughts and feelings that are tied up in those actions. Put all your blame, your shame and your sense of guilt into the violet fire.

It's a good idea to do the decree for forgiveness at least once every twenty-four hours. You will find that the memories of negative events will lose their emotional charge as the energy that went into them is liberated. The more recent negative events will begin to recede from your mind as they are transmuted.

Then events from the past will begin to come to the fore. These events will, in turn, recede as they are transmuted, leaving you free to go forward with your life.

HOW TO GET WHAT YOU NEED FROM THE UNIVERSE

SUPPLY

I AM free from fear and doubt,
Casting want and misery out,
Knowing now all good Supply
Ever comes from realms on high.

I AM the hand of God's own Fortune
Flooding forth the treasures of Light,
Now receiving full Abundance
To supply each need of Life.

You are meditating upon the I AM Presence. You have cleansed yourself with violet flame. You have protected and sealed yourself with the tube of light. You have unburdened yourself by forgiving.

Now your attention is focused on the flame in your heart, a gift from your Presence. You seem to be drawn into the light. It becomes brighter and brighter, almost blinding,

and you feel as if you're being condensed into that point. All at once you pass through that point and emerge on the other side. You take a deep breath. You're floating on a sea of light.

Sailing serenely toward you is a giant water lily. Seated upon it is a beautiful woman, Lakshmi, the Hindu goddess of wealth and a personification of the one Father-Mother God. She wears necklaces and bracelets of gold. In her hand she holds a lotus flower.

The flower represents the greatest treasure of all, the attainment of spiritual power and perfection through self-realization, or oneness with the Higher Self. Within the lotus flower, Lakshmi holds the key to the next stage of your spiritual development.

In the Hindu tradition, Lakshmi, bringer of physical wealth, also brings spiritual wealth, such as intelligence, enlightenment and the awakening to the God within. God wants you to have whatever wealth your soul needs.

This section of the "Heart, Head and Hand" series is called "Supply." God will

supply your needs once you remove the blocks between you and your I AM Presence and Christ Self. These blocks may be what is stopping you from receiving the wealth and talent you require in order to fulfill your reason for being.

One of the most important steps you can take to remove the blocks to your wealth is to dissolve the energy that you have tied up in fear and self-doubt. You may not even know that you have this fear, but it may surface while you're decreeing. If it does, you should visualize it being dissolved by the violet flame.

As you dissolve this fear and doubt, you will be liberating energy that can then return to you as wealth and talent. Once you have visualized the violet flame removing these blocks, then you can visualize your talents and whatever you need descending.

See this abundance coming down from your Presence as shafts of white energy tinged with green and gold. As these shafts reach the

level of your heart, see them bursting into flame, an emerald flame. You can even see the flame in your heart blaze up with this green color surrounded by violet. The emerald green represents the abundance not just of money but also of burgeoning new life, creativity, genius and ideas.

As you daily give the “Heart, Head and Hand Decrees,” repeating them three times, nine times or even thirty-six times at a sitting, you’ll see the things you need come to you by the power of your I AM Presence. And one day you’ll see the goddess Lakshmi sailing toward you over a calm sea, with a lotus blossom in her hand.

Ralph's Story

After eighteen years working as a data-entry clerk for Pacific Bell Yellow Pages, Ralph was going through a career change. But he was overqualified for the jobs he applied for and therefore was rejected. Finally he decided to work his way through computer school by getting a job as a caregiver for the elderly.

He began taking care of an elderly woman in exchange for a small salary and lodging. It was not the best situation. The pay was barely enough to get by on and the woman had a bad attitude. In addition, she would often wander around the house during the night, fall down and not be able to get back up. Ralph patiently helped her back into bed.

He didn't think to ask for extra money for these hours of lost sleep. But he did begin giving the "Supply" section from the "Heart, Head and Hand Decrees" along with other decrees for supply. Within six weeks, there was a marked turnaround in his financial situ-

ation. The woman's daughter decided to give Ralph a raise. She began paying him for getting up at night and also disbursed back wages—time and a half and double time for weekends plus extra for late-night duty. That was only the beginning. The woman's son also gave him a two-hundred dollar bonus.

Ralph continued his faithful care for three months, until the woman died. Later he recalled: "The woman's son and daughter were so grateful for my service, above and beyond the call of duty, that they wanted to give me another bonus." They gave Ralph their mother's Cadillac—he had been driving an old Volkswagen bug.

Ralph soon got a new job that paid more and allowed him weekends off. He's grateful for the spiritual and material benefits he has gotten from decrees. He says that the teachings about the Higher Self "have made me richer than I ever dreamed, even when my pockets were empty."

YOUR HIGHER SELF WILL HELP YOU FIGURE OUT WHAT TO DO WITH YOUR LIFE

PERFECTION

I AM Life of God-Direction,
Blaze thy light of Truth in me.
Focus here all God's Perfection,
From all discord set me free.

Make and keep me anchored ever
In the Justice of thy plan—
I AM the Presence of Perfection
Living the Life of God in man!

Karen, who has had a conscious relationship with her I AM Presence for twenty-three years, believes that her Presence has guided her through both small and large decisions. Now she teaches her children to call to the I AM Presence when they can't find or remember something—from a favorite measuring cup to a forgotten phone number. "I can

forget appointments or obligations, spend a wasted hour looking for something in utter frustration. But when I remember to call for help, things change,” says Karen.

“I’ll say, ‘Mighty I AM Presence, in the name of the Christ, help me find my birth certificate. Bring it to me right now.’ And voilà! A picture of the certificate flashes into my mind and I see where I left it.”

This is just one example of how being in sync with the I AM Presence and Christ Self can help you through daily challenges.

This decree will help you receive direction from God when you need it. The decree is called “Perfection” because it invokes the perfect patterns of your I AM Presence and Christ Self into your life. You may not become a “perfect” person by giving this decree, but you will become more Christlike and more Godlike in your thoughts, feelings, words and actions.

When you are living in the stream of God’s perfection, connected to your I AM

Presence and Christ Self, you will find yourself reacting positively even to the most adverse situations, knowing that life is a test and each right answer brings you closer to home. You will be directed to the people you need to meet and to the situations that will help you learn everything you need to know to fulfill God's plan for your life.

As you give this decree, see yourself standing in a brilliant blue sphere of energy, a manifestation of God's perfection that will help you to see and enter God's perfect plan.

Susan's Story

Susan felt like she was drifting in a fog. She had come to Oaxaca, in southern Mexico, in search of a certain healer. But he wasn't there and no one knew where he was. Her friends were mostly interested in drugs, but she had started to feel like she wanted something else for her life. "I wanted to somehow not be doing what I was doing," she said.

She thought about some distant friends who had stopped by her house before she left her home in Ohio. They had given her the “Heart, Head and Hand Decrees.” They were excited about the decrees and insisted that she join them in repeating the decrees aloud. She had been used to praying silently or in a whisper, so she was intrigued with the idea of giving prayers aloud.

As her friends repeated the decrees enthusiastically, she followed along doubtfully, speaking them almost under her breath. Her friends felt a rush of spiritual energy. “Can you feel it? Can you feel it?” they asked.

She didn’t feel anything special but she thought the decrees were interesting. She didn’t understand what the I AM Presence was, but she saw the decrees as a way of focusing different aspects of God in her life. She copied them down on a piece of paper, tucked the paper into her wallet and forgot about it. Months later she went to Mexico.

Now, in a time of crisis, she remembered

the decrees and said to herself, “Maybe that decree thing has some validity. I’ll try it out and see if it works.”

She wasn’t used to praying on a daily basis and certainly wasn’t used to asking God for the things she needed. What she needed now was direction. What did she want to do with her life?

She took out the decrees, walked from her cabin into a wooded area and sat down under some pine trees. She gave the decrees once through out loud as she had heard her friends give them. This time she did “feel it.” She could feel a flame burning in her heart, like the flame in the Chart picture that her friends had shown her. And she felt a sense of direction.

Instantaneously she got up and clarity surrounded her. She thought, “Gosh! This thing really works!” She realized that she needed to leave Mexico and return to the United States, and then she would be shown what to do next.

“I am life of God-direction,” she repeated, “I have direction right now.” “The fog came

totally off my head,” she later recalled.

She hitchhiked to the beach, where she met an old man who said he saw so much light around her that he thought she was Archangel Gabriel. Soon afterwards she was on a train for the States, continuing to feel the sense of direction.

“It was like my I AM Presence would not touch me until I made some kind of move.” I was just left alone to flounder around and end up in all these different situations that were like mud until I was ready to say, ‘OK, I need God,’ and until I was going to make the decree and the call.”

She says that the Presence has guided her ever since. She hasn’t necessarily had the whole picture, only the next step each time she needed it. “I just felt totally cared for. I could put my hand in God’s hand and say, ‘OK, I’m going wherever you need me to go.’”

PRACTICING FOR YOUR TRANSFORMATION INTO THE DIVINE IMAGE

TRANSFIGURATION

I AM changing all my garments,
Old ones for the bright new day;
With the Sun of Understanding
I AM shining all the way.

I AM Light within, without;
I AM Light is all about.
Fill me, free me, glorify me!
Seal me, heal me, purify me!
Until transfigured they describe me:
I AM shining like the Son,
I AM shining like the Sun!

This decree invites you to visualize yourself changing your clothes—exchanging old, dirty rags for a bright, white garment.

The concept of changing clothes has

often been used in spiritual literature to describe a transformation. When Jesus was transfigured, his clothes became so bright that the disciples could barely look at him. Saint Paul wrote of wanting to take off his “earthly tent” and “be clothed” in “a heavenly dwelling.”¹⁸ And a Jewish mystical text describes a vision of the patriarch Enoch in which he is taken out of his “earthly clothing” and put into “clothes of glory.”¹⁹

In mystical literature when someone tells us that he’s changing clothes, he often means that he has had the experience of being transformed into God or a heavenly being. In Enoch’s vision, he looks at himself after his clothes have been changed and finds that he’s like one of the “glorious ones” who surround the divine throne. This decree is meant to facilitate your transformation into a divine being, someone who is one with the I AM Presence.

The transfiguration that Jesus experienced is a moment of temporary transforma-

tion that precedes the ascension, the union with I AM THAT I AM. The light of the transfiguration creates a bridge between matter and Spirit. Each time you give this decree, you can see yourself taking in more of God's light and moving closer to the moment of your own transfiguration.

As you repeat the decree, see a white garment descending upon you as a symbol of your transformation. Think of anything you don't like about yourself and see it being consumed by this brilliant, transformative white light.

See the light descending into your heart, and see the light of your threefold flame expanding to the point where it is so bright that it looks like a sun. As you say, "I AM shining like the Sun," see that light expanding and becoming more brilliant every moment. See it become so bright that you can hardly look at it.

Now see yourself entering that sun and bowing to your own Christ Self. Then see

yourself begin to merge with that Christ Self.

The more you give this decree, the closer you will be to the day when you, like Jesus, are shining like the Sun, the Sun of your own Father-Mother God.

Joan's Story

Joan had been giving decrees to her I AM Presence for a few months when she had an experience of being one with her Christ Self. She was sitting on the sofa in her living room, watching TV with her children when she suddenly saw a violet light around her. She got up from the sofa and walked over to the mirror that was hanging over the fireplace.

When she looked into the mirror, she saw reflected back at her the same brilliant light. In place of her own face, she saw the face of her Christ Self.

“I cannot adequately describe the beauty and holiness of this experience,” she said. She described the face as beautiful and radiant beyond description, with a golden skin tone.

During the experience, she had the feeling that nothing could hurt her while she was enveloped in the light. After a time, she

felt her Christ Self return to a higher plane of consciousness.

Joan believes that she was given this experience of safety, protection and happiness as a foretaste of what it will be like when she is permanently one with her Christ Self. And she believes that others can have this experience too. “If this reality is true for one person, it is true for all,” she concluded.

When you begin to decree, you too may have your own experience of oneness as you draw closer in consciousness to your I AM Presence and Christ Self.

AWAKENING TO YOUR DIVINE NATURE

RESURRECTION

I AM the Flame of Resurrection
Blazing God's pure Light through me.
Now I AM raising every atom,
From every shadow I AM free.

I AM the light of God's full Presence,
I AM living ever free.
Now the flame of Life eternal
Rises up to Victory.

When we hear the word *resurrection*, most of us think of Jesus' return to life after his crucifixion or of the expected return to life of all Christians at the end of time. But resurrection does not necessarily mean the return of the physical body to life after death.

Some of the Greek words in the New Testament translated as "resurrection" also mean "awakening." In a mystical sense, resurrec-

tion can mean that you are changed from a state of being spiritually dead or asleep into a state of being spiritually alive and awake.

The resurrection is the awakening of the soul to her divine nature. This realization that you are God is more than just knowing it intellectually; it is affirming and manifesting your divinity in every particle of your physical and spiritual being. When you awaken to the truth that you are God, you begin your transformation into the divine being that you were at the moment of creation.

As the Gnostic scripture the *Treatise on the Resurrection* tells us, “The resurrection... is the revelation of what is, and the transformation of things, and a transition into newness.” Those who have the resurrection, the text tells us, “receive again what at first was.”²⁰ When you are resurrected, then, you not only understand your divine nature, you also have access to the power that you knew at the moment of creation, when you were one with your I AM Presence.

Like the other stages on the way to union with God, the resurrection is accomplished in increments. Each time you give the “Resurrection” decree, your entire being is infused with the flame of resurrection. This flame is a unique form of regenerative spiritual energy.

When you invoke the resurrection flame regularly, it will gradually open your spiritual energy centers, or chakras, so that they are capable of receiving more light, specifically the light of the ascension.

Though the flame of resurrection can also have a beneficial effect on the body, it doesn’t necessarily prevent people from dying physically. Its primary function is to propel the soul to enter the state of eternal life, which is union with God.

Jesus said, “I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.”²¹

When we echo Jesus and say, “I AM the resurrection and the life,” and give other

decrees to the resurrection flame, we are reminding ourselves that in reality we are now and will be forever one with the I AM Presence. Thus, as Jesus promised, even if we die, we will live—our souls will live forever even when our bodies will have turned to dust.

How the Resurrection Flame Acts on Your Physical Cells

As the resurrection flame is transforming your soul, it can also revitalize your body. When you invoke the flame of resurrection, it begins to work inside your physical cells, starting with the centrosome inside of the cell and expanding out until it infuses and fills every part of your body, your mind and your emotions.

Some people have found that when they invoke the resurrection flame, they can feel the reversal of the effects of aging and disease. Others are freed from limiting concepts about themselves and filled with the impetus and ability to do the things they have always

wanted to do.

Mark Prophet described physical, mental and spiritual benefits from using the resurrection flame. He said: “I have noticed that after I use the resurrection flame, several things occur. I generally am physically stronger. If I was fatigued mentally, I find that my mind begins to come into clearer focus. I also notice that I have a sense of well-being, that I feel more at home in the universe, that I have a sense of immortality.”

Invoking the resurrection flame will propel you into this sense of immortality even as it revitalizes your body and mind.

Visualizations for the Resurrection Decree

As you call forth the resurrection flame, visualize a flame the color of mother-of-pearl, spinning and radiating milky-colored light tinged with pink and gold, with an occasional flash of blue at its core. See it surround every cell and atom in your body, enveloping them

and accelerating them so that they begin to spin faster. See this flame transforming your mind and your emotions. And it will also be transforming your soul.

As your resurrection decrees become a daily ritual, you'll find that your entire being is accelerating. You'll also find that the spiritual centers at the crown of your head and the center of your forehead will begin to open, like flowers facing the dawn.

ASCENDING EVERY DAY

ASCENSION

I AM Ascension Light,
Victory flowing free,
All of Good won at last
For all eternity.

I AM Light, all weights are gone.
Into the air I raise;
To all I pour with full God Power
My wondrous song of praise.

All hail! I AM the living Christ,
The ever-loving One.
Ascended now with full God Power,
I AM a blazing Sun!

When you ascend your soul accelerates into permanent union with your I AM Presence. Sometimes, as in the case of Jesus Christ, the physical body can also ascend. If you were in a physical body at the moment

of your ascension, you might look as if you were disappearing into a cloud, as the Bible says Jesus did at his ascension. Your atoms and molecules would begin to vibrate at frequencies that are not visible to the human eye, and you would simply disappear from view.

But most people don't ascend while they're still in their physical bodies. If they have completed all the requirements for their ascension, they experience it soon after death.

The ascension is the only way that you can avoid reincarnating on earth—being placed in a new physical body after death. When you ascend, you pass from time and space into eternity. It's not an end but a beginning. For after the ascension, you have the freedom to move through other dimensions and to create, learn and love as never before.

In order to ascend at the conclusion of this life, you must have balanced more than half of your karma—51 percent, to be pre-

cise. Your soul must also have fulfilled her mission and become one with her Holy Christ Self.

After you ascend, you are known as an Ascended Master. Many other people besides Jesus—from well-known saints to humble servants of mankind—have ascended in the last two thousand years.

I was eighteen when I first realized that the ascension is the goal of human existence. I was standing on the steps of the Christian Science church in my hometown of Red Bank, New Jersey.

Since the age of nine, I had been studying Christian Science. Like most Christian churches, Christian Science teaches that Jesus is the only one to have ascended. But the following experience made me realize that everyone is meant to ascend, even though I didn't quite know how.

It was a beautiful Sunday morning and I was in the joy of God. Suddenly I felt an

energy, a sacred fire descending upon me. It translated a surge of joy to my heart. Out of the blue, without even understanding what I was saying, I found myself exclaiming, “Why, I have to make my ascension in this life!” I knew it instantly. I was astounded!

After I heard what I said, I thought to myself, “What does that mean?” I didn’t know what the ascension meant for me or how it was going to happen, but there it was.

I later realized that the ascension is becoming one with God. And Jesus’ ascension as described in scripture was actually the precursor of a spiritual experience that is meant for every one of God’s sons and daughters.

I was so joyous to recognize that this is the goal of life—for us to be free, for us to become one with God! None of my earthly teachers had ever told me that. I had never understood that ascension was the goal.

A few years later, as I studied under the Ascended Masters Saint Germain and Jesus

Christ, I realized that the presence who spoke to me on those steps was Archangel Gabriel.

It was Gabriel who announced the birth of Jesus to his mother, it was Gabriel who delivered the Koran to Muhammad, and it is Gabriel who announces the ascension to each soul. He appears in a brilliant white light to each of us for whom the ascension is possible. He proclaims, “In this life, God has ordained that you may make your ascension, that you may reunite with him, nevermore to reincarnate.”

If you think that you have had this experience on a soul level or even if you simply believe that you are meant to experience your ascension in this life, then now is the time to begin your journey. See your life as an upward spiral and see yourself walking up that spiral. At the top of the spiral, so many years into the future, see the infinity symbol, a figure eight. It represents the fulfillment of your life, the ascension.

Make the determination: “That’s the point I want to reach by the end of my life. I’m going to accelerate into God consciousness and stand on that point, and there I will reunite with the living flame and be alive forevermore.”

The Ascended Masters have told us that giving the complete “Heart, Head and Hand Decrees” every day, including the ascension decree, will help us reach our ascension in this life, provided we have fulfilled the other requirements as well.

Visualizations for the Ascension

The ascension flame is a brilliant, sparkling white energy. As you give the “Ascension” decree, imagine yourself surrounded by white light, climbing a spiral staircase. See the white light of ascension’s flame surging through your being and lifting you to each successive step until you reach the top. Every time you visualize yourself reaching the top,

you are preparing for your ascension to happen in reality. For one day, you will stand at the top of the staircase and the ascension flame will accelerate your heart and soul until you are transformed into the indestructible one—a Son, a Daughter of God.

*Draw nigh to God,
and he will draw nigh to you.*

—James 4:8

HEART, HEAD AND HAND DECREES

by El Morya

Violet Fire

HEART

Violet Fire, thou Love divine,
Blaze within this heart of mine!
Thou art Mercy forever true,
Keep me always in tune with you. (3x)

HEAD

I AM Light, thou Christ in me,
Set my mind forever free;
Violet Fire, forever shine
Deep within this mind of mine.
God who gives my daily bread,
With Violet Fire fill my head
Till thy radiance heavenlike
Makes my mind a mind of Light. (3x)

HAND

I AM the hand of God in action,
Gaining Victory every day;
My pure soul's great satisfaction
Is to walk the Middle Way. (3x)

TUBE OF LIGHT

Beloved I AM Presence bright,
Round me seal your Tube of Light
From Ascended Master flame
Called forth now in God's own name.
Let it keep my temple free
From all discord sent to me.

I AM calling forth Violet Fire
To blaze and transmute all desire,
Keeping on in Freedom's name
Till I AM one with the Violet Flame. (3x)

FORGIVENESS

I AM Forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic Victory.

I AM calling in full power
For Forgiveness every hour;
To all life in every place
I flood forth forgiving Grace. (3x)

SUPPLY

I AM free from fear and doubt,
Casting want and misery out,
Knowing now all good Supply
Ever comes from realms on high.

I AM the hand of God's own Fortune
Flooding forth the treasures of Light,
Now receiving full Abundance
To supply each need of Life. (3x)

PERFECTION

I AM Life of God-Direction,
Blaze thy light of Truth in me.
Focus here all God's Perfection,
From all discord set me free.

Make and keep me anchored ever
In the Justice of thy plan—
I AM the Presence of Perfection
Living the Life of God in man! (3x)

TRANSFIGURATION

I AM changing all my garments,
Old ones for the bright new day;
With the Sun of Understanding
I AM shining all the way.

I AM Light within, without;
I AM Light is all about.
Fill me, free me, glorify me!
Seal me, heal me, purify me!
Until transfigured they describe me:
I AM shining like the Son,
I AM shining like the Sun! (3x)

RESURRECTION

I AM the Flame of Resurrection
Blazing God's pure Light through me.
Now I AM raising every atom,
From every shadow I AM free.

I AM the Light of God's full Presence,
I AM living ever free.
Now the flame of Life eternal
Rises up to Victory. (3x)

ASCENSION

I AM Ascension Light,
Victory flowing free,
All of Good won at last
For all eternity.

I AM Light, all weights are gone.
Into the air I raise;
To all I pour with full God Power
My wondrous song of praise.

All hail! I AM the living Christ,
The ever-loving One.
Ascended now with full God Power,
I AM a blazing Sun! (3x)

NOTES

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4. Howard Thurman, *Disciplines of the Spirit*, quoted in *American Mysticism: From William James to Zen*, ed. Hal

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20. *Treatise on the Resurrection* 48:31, 34–38; 49:35–36, in James M. Robinson, ed., *The Nag Hammadi Library in English*, 3d ed., rev. (San Francisco: Harper and Row, 1988), p. 56.
21. John 11:25–26 NRSV.

The Summit Lighthouse
63 Summit Way
Gardiner, Montana 59030 USA
1-800-245-5445 / 406-848-9500

Se habla español.

TSLinfo@TSL.org
SummitLighthouse.org



Elizabeth Clare Prophet (1939–2009) was a pioneer of modern spirituality and an internationally renowned speaker and author. Her books are published in more than 30 languages, and millions of copies have been sold online and in bookstores worldwide.

Throughout her lifetime, Mrs. Prophet walked the path of spiritual adeptship, advancing through the universal initiations common to mystics of both East and West. She taught about this path and described her own experiences for the benefit of all who desire to make spiritual progress.

Mrs. Prophet has left an extensive library of spiritual teachings from the ascended masters and a thriving, worldwide community of people who study and practice these teachings.

